

Cove Community Center - 12525 Lake Ave. 216-521-1515 [aging@lakewoodoh.net](mailto:aging@lakewoodoh.net)  
Nutrition Information for Congregate Meals & Home Delivered Meals please call 216-529-5000  
Volunteer Services, Programs and Activities please call 216-529-5005  
Social Work / Outreach please call 216-521-1515  
Transportation to luncheon site & special events please call 216-521-1288  
Transportation for medical appointments please call Senior Transportation Connection (STC) @  
216-265-1489

**A Gentle Reminder to all Participants of Lakewood Division of Aging**

We would appreciate it if you would consider the following suggested donations: A ride on the Division of Aging bus to the senior center and home / or Giant Eagle is \$3.00 round trip. Lunch is \$1.00 per day.

**Have You filled out your PIF yet?**

All Division of Aging participants must complete a Participant Intake Form annually. This information is required by our funders. Please make sure forms are fully completed. Contact the Social Work Office at 216-521-1515 with questions or concerns.

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The Lakewood Division of Aging's services are funded in part by a Title III grant under the Older Americans Act, administered by the Ohio Department of Aging through the Western Reserve Area Agency on Aging, Cuyahoga County through the Health and Human Services levy and Program Donations. **Thank you for your support!**

**Visit the City of Lakewood website at [www.lakewoodoh.gov](http://www.lakewoodoh.gov)**

It is the policy of the City of Lakewood that there shall be no discrimination on the basis of race, religion, color, age, sex, national origin, sexual orientation or disability.

Cove Community Center  
 12525 Lake Ave.  
 Lakewood, Ohio 44107



Lakewood Senior Services  
 Lakewood Department of Human Services  
 Division of Aging

**December 2022**



*Happy Holidays!*

*The holidays can be a joyous time of year and we look forward to the celebrations in the coming days.*

*It can certainly be a busy time of year with the hustle and bustle of preparations, gatherings, shopping and of course...the yummy treats!*

*As we prepare for the Holiday Season this year, I hope you take a little time to reflect on the good things in your life, the positive things you have experienced, the people who love and care about you and the joy you have received throughout the recent days.*

*In the spirit of the holidays, please be kind, courteous, caring and offer assistance when you can, to others who may be in need. Remember the holidays can be tough for some and lend support as you are able, a kind word and a smile can make someone's day!*

*I hope your holidays and celebrations are filled with all things wonderful and with the promise of a Happy, Healthy New Year!*

*Susan*



**IT'S THAT TIME OF YEAR To get on our Newsletter mailing list for the next year!**

Contact us today if you would like to be on our mailing list for the monthly Newsletter. We can mail a hard copy or we can add you to our email list!

**Let us know today by emailing [barry.wemyss@lakewoodoh.net](mailto:barry.wemyss@lakewoodoh.net) or call 216-529-5005.**

**VERY IMPORTANT NOTE**

**Any item on the calendar that has an asterisk (\*) needs a registration or sign up before attending!**

Please take note if the item you would like to attend needs a sign up or registration and with whom. Many items are on our new registration form but not all! Registration forms can be obtained on the rack by the front desk or in our activities office. If you are filling out a form and have it completed with the funds (must be cash or check no credit cards accepted) you can then hand it into Barry Wemyss in the activities office on **Mondays, Wednesdays and Thursdays between 12:00 P.M. and 1:30 P.M.**

**SIGN UPS FOR DECEMBER START Thursday Dec. 1st @ 12:00.**



Join us Tuesday, December 6th for joyous seasonal fun at our

# Saint Nicholas Day Party!

**This event has traditionally been the kick off to the Division of Aging's holiday season.**

Enjoy Christmas music, presented by Lakewood High School's barbershop quartets, Vive L' Four and the Fourtes.

We will be having a potluck so if you would like to bring a dish to share please do (Alt and box lunch will be available this day if you wish not to join).



Immediately following lunch, for those who are interested, we will be exchanging small presents. If you would like to participate just bring a small gift of less than \$10.00 to join in on the fun.

Please Note: If you would rather order a Box or Alternate meal please do so through the kiosk or by calling 216-529-5000 by noon Wed. Nov. 30th.

**Lakewood City Schools Holiday Breakfast**  
**Tuesday, December 13<sup>th</sup>. Beginning at 9:00 AM at Hayes Elementary School.**

An annual Lakewood tradition returns. The schools have extended an invitation to our community's seniors to join them for breakfast. Enjoy a delicious breakfast prepared by Ranger Catering free of charge. Listen to musical performances of several of the ensembles from the Lakewood Schools and meet the Superintendent. The Division of Aging will provide transportation for those that do not have their own, however we will not be leaving from Cove Center. We will pick you up at home and drop off at Hayes Elementary and will return to Cove.

**Make your reservation for this event on the registration form here at Cove Community Center.**  
**Cost for this trip is \$3.00 transportation.**



**Book Discussion Club presents "The Last Thing He Told Me" By Laura Dave**  
**Monday, December 19th @ 1:00 P.M.**

When Hannah's Husband Owen mysteriously disappears in the midst of an embezzlement investigation, she receives a note telling her to protect his daughter. Hannah then begins her own investigation to get to the bottom of what is going on.

**For more details contact Carrol Hahn @ (216) 521-1090.**

## Meet Our Staff...

**Carrol Hahn, Social Worker**

Meet Carrol, she is one of our two outstanding Social Workers. Carrol began as a social worker intern and was hired with the city seven (7) years ago with the Division of Aging. Carrol grew up in Cleveland and has a blended family with eight (8) children and seven (7) grandchildren. Carrol's interests include genealogy and photography. When you see Carrol at the Center give her a smile and a hello and if needed she can help get you linked to many services.



## Staff Notes ...

**Nutrition Notes** - This holiday season focus on getting your zzz's. Sleep deprivation interferes with hunger and fullness cues. You'll tend to eat more and prefer high fat, high sugar foods. Remember to keep hydrated and don't forego meals, especially breakfast.

**Barry's Blustering** - As we get ready to enter 2023 we are already hard at work scheduling the 2023 calendars with fun and helpful activities and events. We look forward to bringing back Doctor Joel, "The Doc of Rock and Roll" for another installment of The History of Rock series: "Trivia and Pop Music of the 50's, 60's and 70's". Also, by popular request we will be bringing back our "A Matter of Balance" series and another trip to Amish Country in addition to more trips. There will be much to do in 2023.

**Stacy's Sharing** - Be the light this holiday season for yourself and for others. I enjoyed learning this quote by Edith Wharton "There are two ways of spreading light: to be the candle or the mirror that reflects it."

**Pete's Post** - Season's greetings everyone! Wishing you a joyous holiday season spent relaxing with family and friends. Take it easy and don't over do!

**Jill's Jotting** - Jingle Bells was originally a song about Thanksgiving in 1857. It was also the first song ever played in space by astronauts, Walter Schirra Jr. and Thomas P. Stafford.

**Hahn's Happiness** - No need to pile on additional stress during the Holiday Season. Be realistic-you don't have to do everything, it's ok to ask for help. It's also OK to do less, by setting limits on commitments or by adjusting family traditions. Most importantly, take some time for yourself.

**Dan's Doodles** - As we move into December, remember you only have until the 7<sup>th</sup> to make changes under Medicare's Open Enrollment Period. If changes aren't made by the 7<sup>th</sup> then you will be stuck with the prescription plan you currently have for all of 2023. I wish everyone the Merriest of Christmases and a Very Happy New Year!

**Sharon's Scribbles** - Here are some fun dates to remember for December; the 2nd is Apple Fritter Day, the 11th is National Noodle Day; 13th is Ice Cream day. December 20th is go caroling day, the 21st is Humbug Day and the 24th is Eggnog Day. And of course, don't forget the holidays in December, Hanukkah begins Dec. 18th at sundown and Christmas is the 25th. Happy Holidays!



**Dough Ornament making w/ Maryann**  
**Mon., Dec.19th and Fri., Dec.23rd @ 10 A.M**

Join us for a fun holiday craft for adults and kids alike. Decorate an attractive ornament for the tree made out of a dough-based clay.

**No cost for this class and you get your very own ornament to take home.**

**NEW YEARS EVE TOAST**  
**Friday, Dec. 30th @ 12:15**

Join us with friends as we put the final touches on 2022 and toast to 2023.

Wish your friends well as we move into the New Year. We will be toasting with non-alcoholic sparkling grape juice.



## *Illuminate a Memory*

We invite you to join us and the Lakewood Foundation for our annual Illuminate a Memory program. Purchase a dove ornament in honor of a loved one and hang on our tree or yours for the holidays.

What a wonderful way to honor your special someone and make a donation to sustain Senior Programming here at Cove Community Center.

**Please cut out the form and make your contribution today. Attach additional names to the cut-out form.**

### Illuminate a Memory

Your Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone Number \_\_\_\_\_

Name on ornament \_\_\_\_\_

Acknowledge to: Name \_\_\_\_\_

Total enclosed (\$5.00 per ornament) \_\_\_\_\_

Make Checks payable to The Lakewood Foundation  
Thank you for your generous donation!



## Trips this month....

### Friday Matinee @ The CLEVELAND ORCHESTRA

**Friday, December 2<sup>nd</sup> Leaving Cove Community Center @ 9:30 A.M.**

**Performance at 11:00 AM** Elgar: Cockaigne ("In London Town") Opus 40  
Walton: Symphony no. 1 in B-flat minor

The Lakewood Division of Aging will be providing transportation. **You will be in charge of purchasing your ticket.** First purchase your performance ticket by calling the Cleveland Orchestra Box Office at 216-231-1111 or go online to [www.Clevelandorchestra.com](http://www.Clevelandorchestra.com). Then register for transportation on the event registration form.

**The transportation fee for this trip is \$3.00 round trip.**



### Trinity Concert Series presents "A Ceremony of Carols"

**Wednesday, Dec. 7th Leaving @ 11:15 P.M.**

Enjoy the treble voices of the Cathedral Choir and harpist Jody Guinn join in Benjamin Britten's seasonal masterpiece. This concert is free but donations are gratefully accepted.

**The fee for this trip is \$3.00.**

### Lunch Bunch Goes to...Cracker Barrel

**Friday, Dec. 9th Leaving @ 11:00 A.M.**

Relax and enjoy real homestyle food and shopping that's surprisingly unique, genuinely fun and reminiscent of America's country heritage.

**The fee for this trip is \$3.00 plus cost of your choice of meal.**



### Shopping Trip to Wal-Mart

**Wednesday, Dec. 14th Leaving @ 12:30 P.M.**

Just because we know you would enjoy shopping for the holidays!

**The fee for this trip is \$3.00 plus shopping money!**



### Take a trip to the famous West Side Market with us!

**Friday, Dec. 16th Leaving @ 11:00 A.M.**

The market offers a wide variety of fresh meats, cheeses, poultry, seafood, produce, baked goods, spices, ethnic specialties, prepared foods, flowers, and more. With a rich heritage comprised of quality food, fond memories, and a one-of-a-kind shopping experience, the West Side Market has earned its title among residents as "Cleveland's Public Market."

**The fee for this trip is \$3.00, but bring your shopping and meal money!**



### Join us at the Movies—AMC Westwood Towne Center

**Tuesday, Dec. 20th Leaving @ 12:30 P.M.**

It might be cold outside but it will be warm and cozy with a new release to enjoy. We unfortunately do not know yet what movies will be playing but will before we go.

**The fee for this trip is \$3.00.**



### Shopping trip to Great Northern Mall

**Wednesday, Dec. 21st Leaving @ 11:00 A.M.**

Shopping before the holidays plus enough time to get lunch!

**The fee for this trip is \$3.00 for transportation but bring spending and meal money if you want!**



**Space is limited for our trips so please REGISTER EARLY via the new registration form with Barry Wemyss in our activities office.**

**If you need more information please contact Barry in the activities office @ 216-529-5005**



### Art Classes with Sara

**Tuesdays, Dec. 6th and 20th @ 10 A.M**

Join Sarah as she presents the third and fourth sessions of her watercolor series.

Each class is a stand-alone program.

You need not have taken any of the previous classes. At the conclusion of the class, you will leave with a beautiful work of art that you have created.

**Cost of this class is \$15.00 per class.**

**REGISTRATION FOR THIS CLASS IS A MUST AND WILL BE INCLUDED ON THE REGISTRATION FORM.**

### Meet the Doctor

**Friday, December 16<sup>th</sup> beginning at 9:30 AM.**

Meet medical resident, Jacob Wolfe D. O. from Lakewood Family Practice.

The resident Dr.'s do a rotation schedule and we like to provide the opportunity for them to meet seniors in a non clinical, less formal setting.

**Bring your questions!**

### Family Movie Afternoons

**Thursday, December 22<sup>nd</sup> and Tuesday, December 27<sup>th</sup> @ 12:30 P.M.**

Enjoy an upbeat, family friendly movie this holiday season. We will have popcorn for you to enjoy.



Movies to be announced.

### Westshore Trivia Challenge Tuesday, Dec. 13th

This is your opportunity to shine as Cove Community Center matches wits with the seniors of the other Westshore communities in a trivia challenge. Form your own teams of up to six people to compete. Each center can field as many teams as there are people wanting to play. **The deadline to register your teams is Wednesday, December 7<sup>th</sup>.**

The Lakewood Division of Aging will collect your team registration forms and submit them all at one time. **We will be leaving Cove on Dec. 13th @ 12:45 P.M.**

**The participation fee is \$3.00 per person to cover the cost of the trivia company and \$3.00 for round trip transportation if you are needing it. (we have room to take 25)**



### Grocery Shopping with Lakewood Division of Aging

Giant Eagle grocery shopping trips are offered Thursday mornings (10 am) and afternoons (1 pm). Shoppers can reserve two spots a month. Shoppers will be required to pre reserve their spot one week in advance and are limited to twice a month. Shoppers are limited to four bags per trip.

**Cost of the trip is \$3.00. Call 216-521-1288 to reserve your spot today!**



### You're invited to....À LA CART

**A series of live cooking demonstrations featuring local chefs.**

**Tuesday Dec. 6th @ 2:00 to 4:30 P.M. featuring Georgetown chef Greg Korney and Tuesday Dec. 13th @ 2:00 to 4:30 P.M. featuring chef Shane with The Proper Pig**

Sponsored by LCSC (Lakewood Community Services Center)

### Play Reading Group - Thursday, December 15<sup>th</sup> at 10:00 AM.

For the month of December, we will be getting into the holiday spirit with a special reading. We have gone into the vault for an old radio serial, "Our Miss Brooks and The Magic Christmas Tree". First aired on the radio in December of 1950, this is a delightful holiday comedy. This reading will be presented in it's entirety in one session. Audience participation would be warmly welcomed.



### AARP Driver Safety Class

**Monday, December 19<sup>th</sup> from 9:00 AM to 1:00 PM.**



**Driver Safety**

If you have been driving for 40 or 50 years, it is probably high time that you brushed up on traffic law as well as some safe driving strategies. AARP offers an excellent classroom-based course that will review these topics and more. You will not be asked to take a driving test. Many insurance companies will offer a discount for people who complete the class.

**(Please note: you will have periodic breaks but there is no break for lunch)**

**The fee is \$20.00 for AARP members and \$25.00 for non members.**

# December 2022



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>TECH Support with Palmer</b> Do you need help with your smart phone? Tablet? Computer? Palmer can help! He is here Fridays Dec. 2nd and the 16th Reserve your spot to meet with him today by contacting Stacy @216-521-1515 #1		<b>PLEASE NOTE WHERE AN ACTIVITY IS TAKING PLACE</b> A1 = Activity Room 1 (lower level—LL)      A2 = Activity Room 2 (lower level –LL) CR = Community Room (large room, main level) CR2 = Conference Room 2nd Floor (level 2A) MP = Multi Purpose Room (1st room on right, main level) *ANY ITEM WITH AN ASTERISK NEEDS A REGISTRATION or SIGN UP* ANY ITEM IN COLOR HAS MORE INFORMATION IN THE NEWSLETTER				<b>1</b> 9:30 Rummikub (CR) 9:30 Walking Group 9:30 Uno (CR) 10:00 Grocery Shopping * 10:00 Trivia (CR) 10:30 Popcorn Stringing (CR) 1:00 Grocery Shopping *		<b>2</b> 9:00—11:00 Tech Support w / Palmer (MP) * 9:30 Cleveland Orchestra Trip * 10:00 Chinese Checkers (CR) 10:15 Adaptive Jazzercise (A1) 10:30 Popcorn Stringing (CR) 12:30 Spelling Bee (CR)	
<b>5</b> 9:30-11:30 Mike the Paramedic (CR) 9:30 Matter of Balance #7 * (A2) 9:30 Activities Committee 10:00 Table Top Bowling (CR) 10:30 Boggle (CR) 12:30 Adaptive Jazzercise (A1) 12:30 Movie—Travel Log (CR)		<b>6</b> 9:30 Walking Group 10:00 Art Classes w/Sarah \$\$ * (A1) <b>SAINT NICHOLAS PARTY</b> <b>10-1 (CR)</b> 10:30 Lakewood High—Live Music (CR) 11:30 Pot Luck and White Elephant Gift Exchange (CR) 2:00—4:30 A LA CART Presentation with Georgetown w/chef, Greg Korney (CR)		<b>7</b> 9:30 - 10:30 Blood Pressure Clinic (CR) - O'Neil's 9:30 Crochet w/ Ginger (A1) 10:00 Humanities (CR) 10:30 Adaptive Yoga (A1) 10:30 Hangman (CR) 11:15 Trinity Concert Trip * 12:30 BINGO (A1) 1:00 Mahjong (CR) 1:00 Sticker Art (CR)		<b>8</b> 9:00 Rummikub (CR) 9:30 IMPROV (A2) 9:30 Walking Group 9:30 Trivia (CR) 10:00 Grocery Shopping * 10:00 Craft w/Maryann (A1) 10:30 Radio Shows of Yesteryear (CR) 12:30 Tai Chi (A1) 12:30 Corn Hole (CR) 1:00 Grocery Shopping *		<b>9</b> 9:30 Mandalas (CR) 10:00 LCR (CR) 10:15 Adaptive Jazzercise (A1) 10:30 Sorry (CR) 11:00 Lunch Bunch Trip to Cracker Barrel * 1:00 Backgammon (CR)	
<b>12</b> 9:30 Matter of Balance #8 * (A2) 9:30 Hangman (CR) 10:00 Make It Take It * (A1) 10:00 MH Peer Support Group (MP) 10:30 LCR (CR) 12:30 Adaptive Jazzercise (A1) 12:30 Movie—Christmas Story w/ popcorn and Cocoa (CR)		<b>13</b> 9:00 Senior Breakfast @ Hayes Elementary * 9:30 Walking Group 10:00 Science w/Dan (CR2) 10:30 Art w/ Maryann (CR) 12:30 Scrabble (CR) 12:45 Trivia Contest—Westlake * 1:00 Rummikub (CR) 2:00—4:30 A LA CART Presentation with Proper Pig w/chef, Shane (CR)		<b>14</b> 9:00 - 10:30 Blood Pressure Clinic (CR) - St. John's 9:00—11:00 Attorney Margaret Karl * (MP) 9:30 Crochet w/Ginger (CR) 9:30 Connect Four (CR) 10:00 Uno (CR) 10:30 Adaptive Yoga (A1) 10:30 Checkers (CR) 12:30 Trip to Wal Mart * 1:00 Mahjong (CR)		<b>15</b> 9:00 Rummikub (CR) 9:30 Walking Group 9:30 Trivia (CR) 10:00 Grocery Shopping * 10:00 Play Reading w/Barry (CR) 10:30 Boggle (CR) 12:30 Tai Chi (A1) 12:30 Corn Hole (CR) 1:00 Grocery Shopping *		<b>16</b> 9:00—11:00 Tech Support w / Palmer (MP) * 9:30—11:00 Cleveland Clinic Resident—Jacob Wolfe D.O. 9:30 Craft w/ Maryann (CR) 10:00 Coffee w/ a Cop (CR) 10:15 Adaptive Jazzercise (A1) 10:30 Group Crossword (CR) 11:00 Shopping Trip to West Side Market * 12:30 Chinese Checkers (CR)	
<b>19</b> 9:00 AARP Drivers Safety Class \$\$* (A2) 9:30—11:30 Mike the Paramedic (CR) 9:30 Spelling Bee (CR) 10:00 Craft w / Maryann - Family (dough ornaments) 10:30 Yahtzee (CR) 12:30 Adaptive Jazzercise (A1) 1:00 Book Discussion Group w/Carrol (CR2)		<b>20</b> 9:30 Walking Group 9:30 Corn Hole (CR) 10:00 Art Classes w/Sarah \$\$ * (A1) 10:30 Checkers (CR) 11:00 Illuminate a Memory (CR) 12:30 Senior Chefs—Scottish Shortbread (kitchen) 12:30 Trip to AMC Movie Theater—Westwood *		<b>21</b> 9:30 Crochet w/ Ginger (A1) 10:00 Rummy (CR) 10:30 Adaptive Yoga (A1) 10:30 LCR (CR) 11:00 Trip to Great Northern Mall * 1:00 Mahjong (CR) 1:00 Monopoly (CR)		<b>22</b> 9:00 Rummikub (CR) 9:30 Walking Group 9:30 Group Crossword (CR) 10:00 Grocery Shopping * 10:00 Yahtzee (CR) 10:30 Jewelry Making w/ Maryann (CR) 12:30 Tai Chi (A1) 12:30 Movie—Family (CR) 1:00 Grocery Shopping *		<b>23</b> 9:30 Connect Four (CR) 10:00 Humanities (CR) 10:00 Craft—Dough Ornaments—Family (CR) 12:30 Scrabble (CR)	
<b>26</b> Center is <b>CLOSED</b> in honor of Christmas Day NO WRAAA Congregate or Home Delivered Meals served		<b>27</b> 9:30 Walking Group 9:30 LCR (CR) 10:30 Hangman (CR) 10:30 Table Top Bowling (CR) 12:30 Scrabble (CR) 12:30 Movie—Family (CR)		<b>28</b> 9:30 Chinese Checkers (CR) 10:30 Art w/ Maryann (CR) 10:30 Adaptive Yoga (A1) 12:30 BINGO (A1) 12:30 Mandala's (CR) 1:00 Mahjong (CR)		<b>29</b> 9:00 Rummikub (CR) 10:00 Grocery Shopping * 10:30 Karaoke (CR) 10:30 Backgammon (CR) 12:30 Tai Chi (A1) 12:30 Movie—Travel Log (CR) 1:00 Grocery Shopping *		<b>30</b> 9:30 Hangman (CR) 10:30 Checkers (CR) 10:30 Apples to Apples (CR) 12:15 New Years Toast (CR) 12:30 Sticker Art (CR)	